

Cancer

Disease Information Packets – Slide Sets

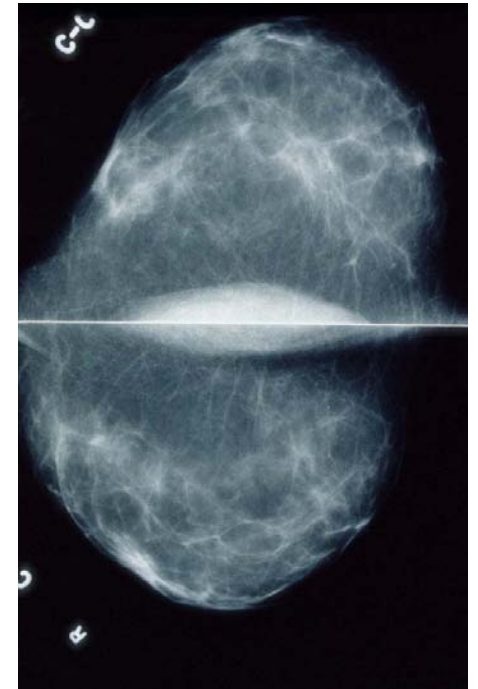


Public Health Services,
Community Health Statistics

8/2010

What is Cancer?

- Cancer is a disease in which abnormal cells in the body grow out of control.
- Most cancers occur in later life and take many years to develop.
- Cancers are caused by:
 - Radiation
 - Exposure to certain chemicals
 - Sunlight
 - Genetics
 - Poor diet and lack of exercise
 - Smoking
 - Infectious viruses or bacteria
 - Heavy alcohol or drug use
- Cancer is the 2nd leading cause of death in the United States.

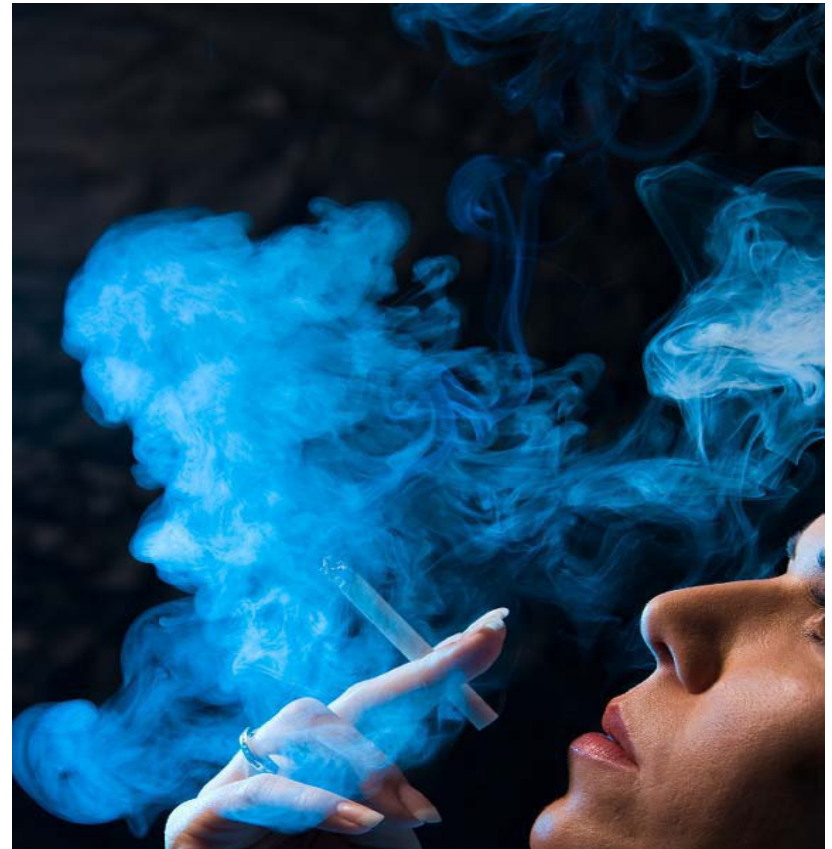


Demographic Risk Factors

- **Age**
 - 77% of all cancers are diagnosed in individuals 55 and older.
- **Genetics**
 - About 5% of all cancers are strongly hereditary.
- **Ethnicity/race**
 - Certain races/ethnicities are at higher risk of developing and dying from cancer.
- **Gender**
 - In the United States, men have approximately a 1 in 2 lifetime risk of developing cancer, while women have around a 1 in 3 risk.

Behavioral Risk Factors

- **Using tobacco products**
 - Smoking causes 9 out of every 10 lung cancer deaths in the United States (MacKay, 2009).
 - Secondhand smoke causes approximately 3,400 lung cancer deaths among nonsmokers each year (CDC, 2010).
 - Chewing tobacco increases the risk lip, tongue, palate and pharynx cancers (Mackay, 2009).



Social and Behavioral Risk Factors

- **Poor nutrition**

- Up to 3 out of 10 of cancers in developed countries may be related to poor nutrition (Mackay 2006).
- Consumption of red and processed meat is associated with colorectal cancer and stomach cancer (Gonzalez 2006).

- **Obesity**

- Being overweight/obese is a known risk factor for several types of cancers.

- **Alcohol abuse**

- High alcohol intake increases the risk of colorectal and breast cancers (Gonzalez 2006).



Environmental Risk Factors

- **UV Light/Sunlight**
 - 65% to 90% of melanomas (skin cancers) are due to ultraviolet (UV) light or to sunlight exposure (CDC 2010).
- **Chemicals and Radiation**
 - Cancer can be caused by exposure to radon gas, asbestos, silica and radiation (CDC 2010).
- **Infectious Viruses and Bacteria**
 - Human papillomavirus (HPV), hepatitis B virus, and *Helicobacter pylori* cause 18% of cancers worldwide (Mackay 2006).



National Statistics

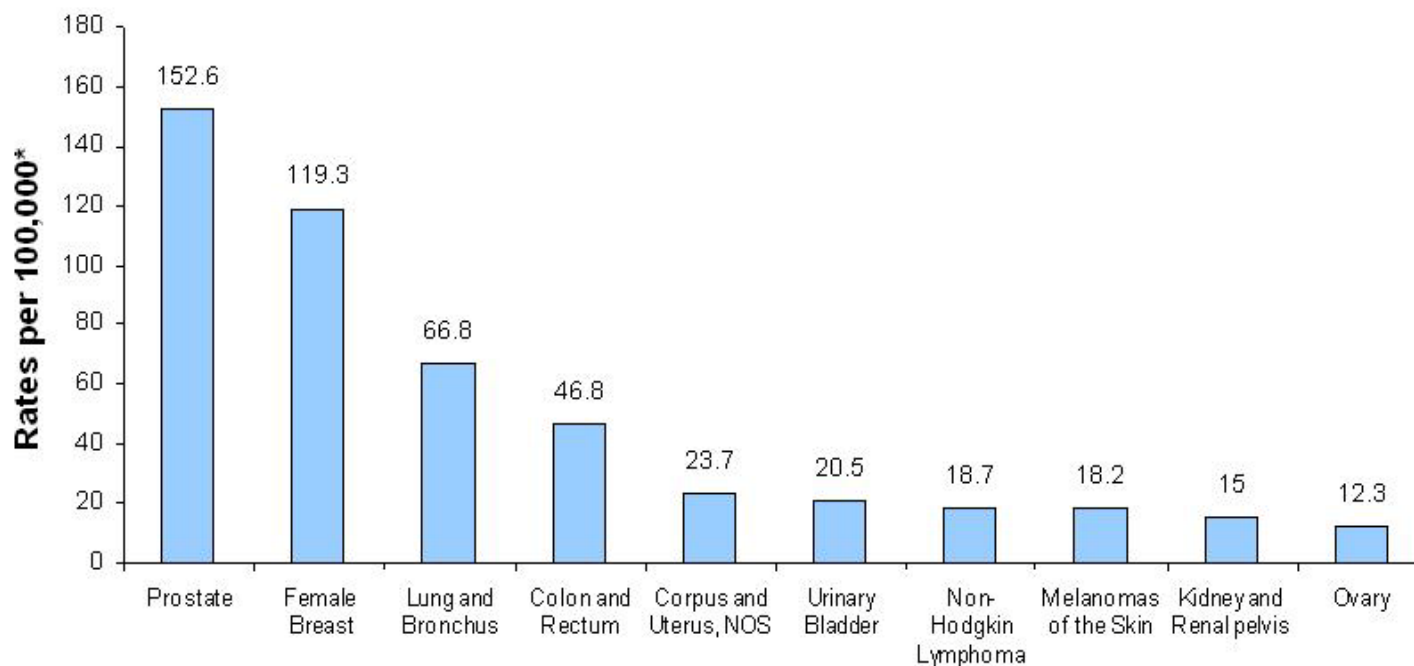
- Cancer is the second leading cause of death in the United States.
- Cancers causes 1 out of every 4 deaths United States.

Top 10 Leading Causes of Death in the United States, 2007

1. Heart Disease
2. Cancer
3. Stroke
4. Respiratory Diseases
5. Accidents (Unintentional Injuries)
6. Alzheimer' Disease
7. Diabetes
8. Influenza and Pneumonia
9. Nephritis & Nephrosis
10. Septicemia

National Statistics

Top 10 Cancers: 2006, Male and Female, United States - All Races

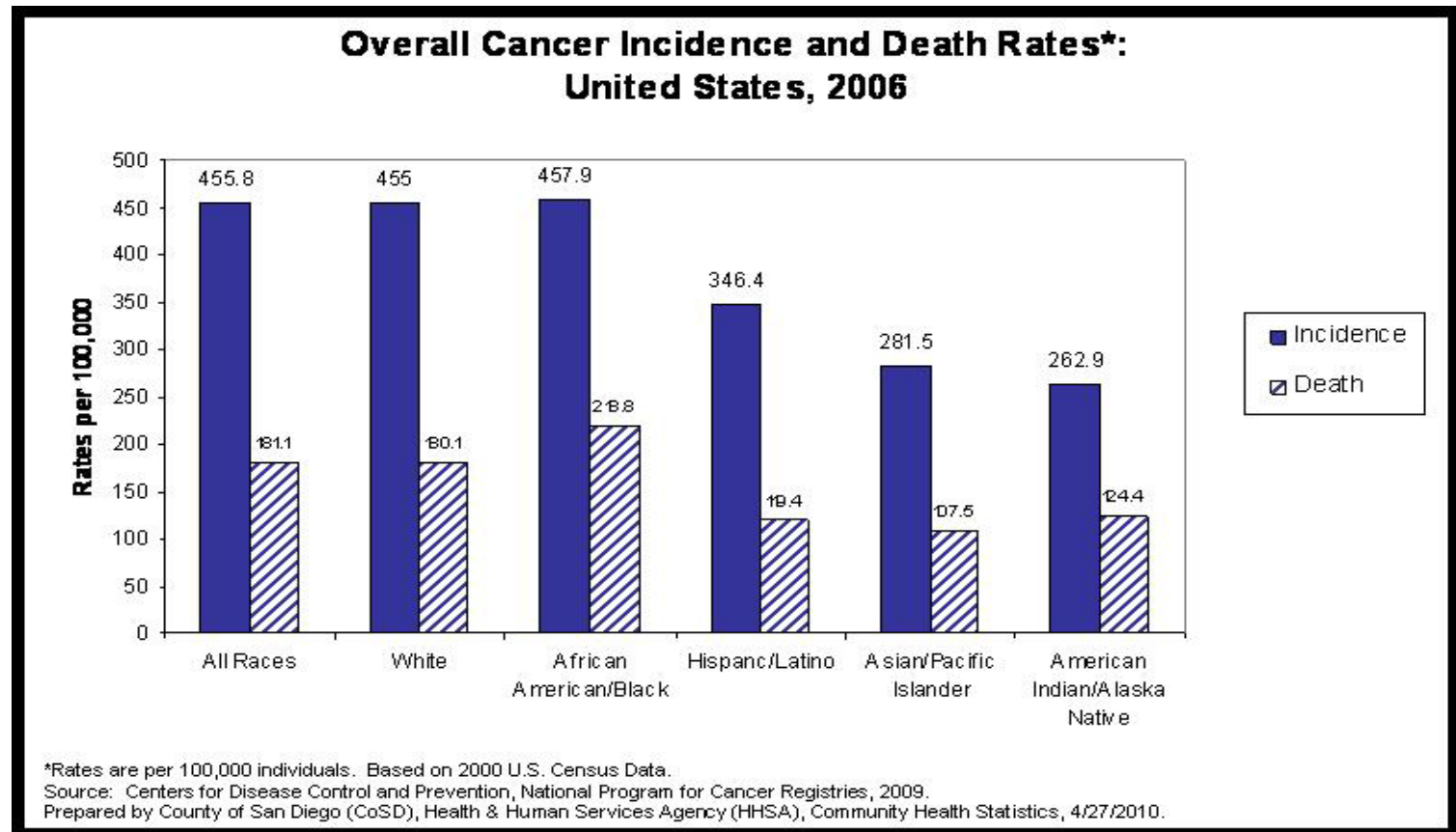


*Rates are per 100,000 persons and are age-adjusted to the 2000 U.S. standard population (19 age groups - Census P25-1130).

Source: U.S. Cancer Statistics Working Group. United States Cancer Statistics: 1999-2006 Incidence and Mortality Web-based Report. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention and National Cancer Institute; 2010.

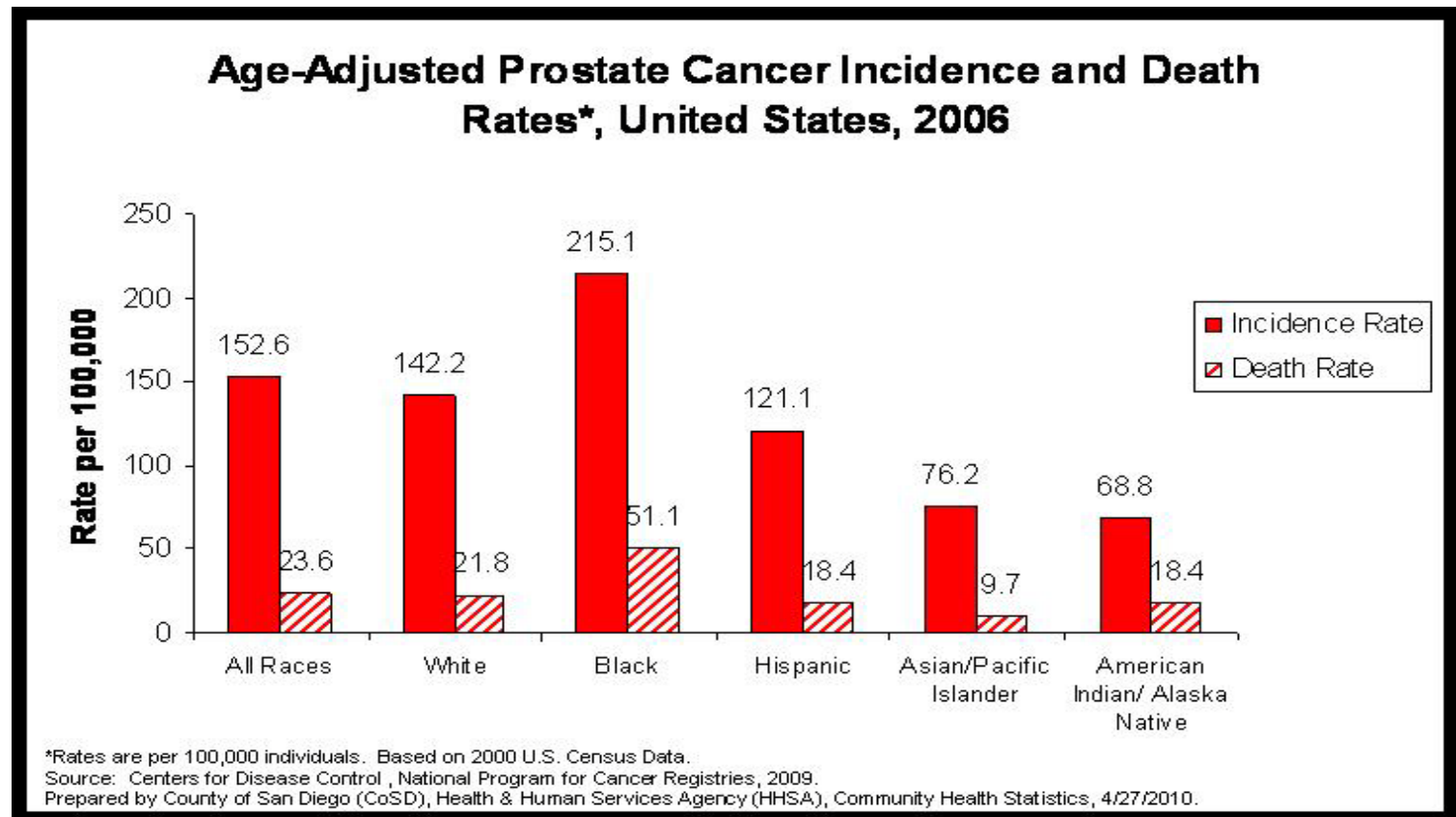
Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 04/23/2010.

National Disparities



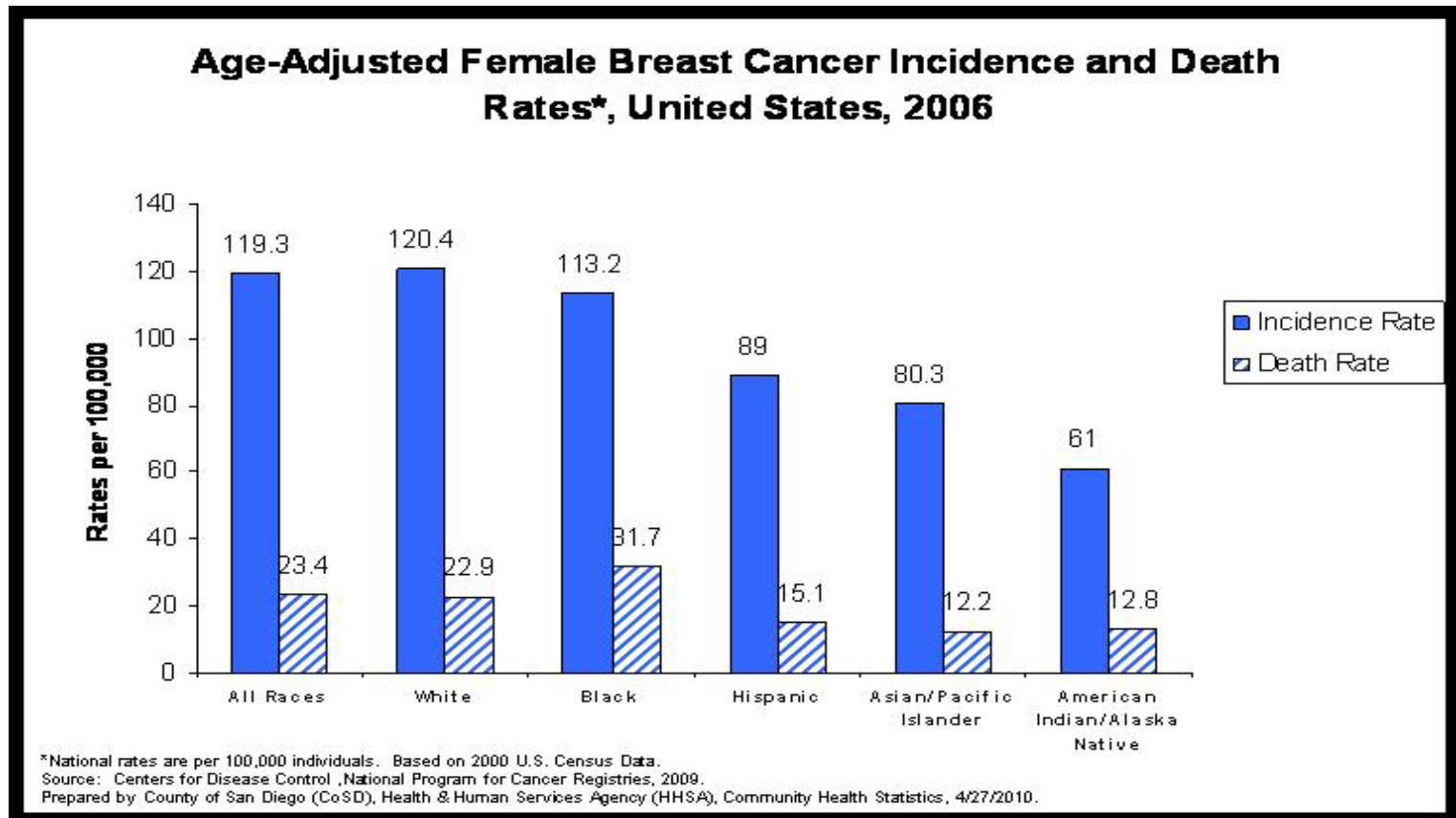
- Black Americans have the highest incidence and death rates for all cancers combined.

National Cancer Disparities



- Black men have the highest new case rate for prostate cancer in the United States, and are more than twice as likely to die from cancer than White men.

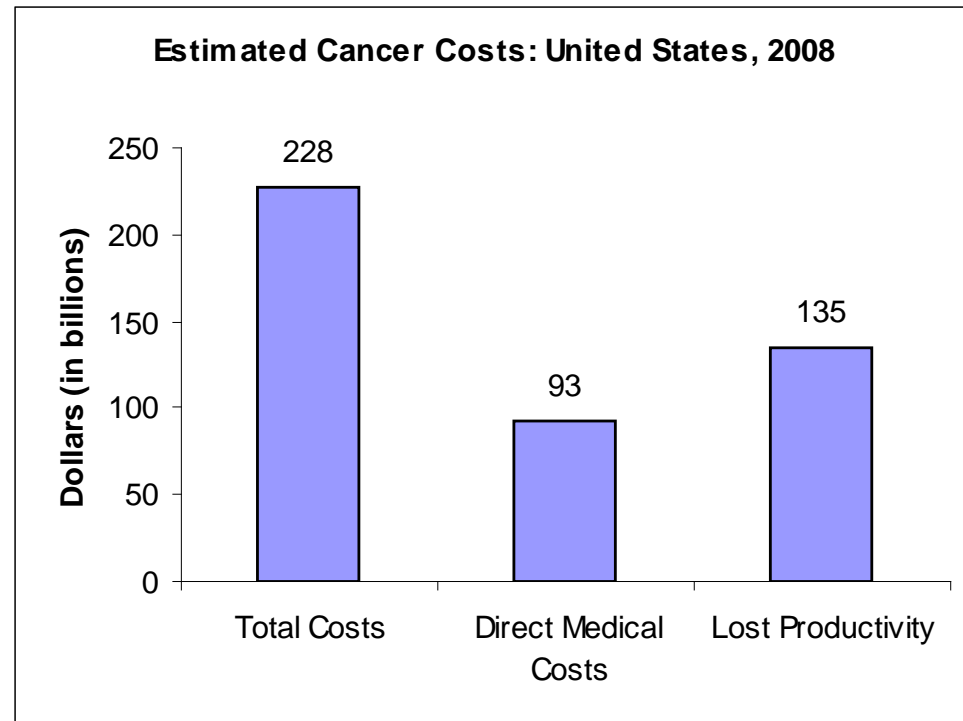
National Cancer Disparities



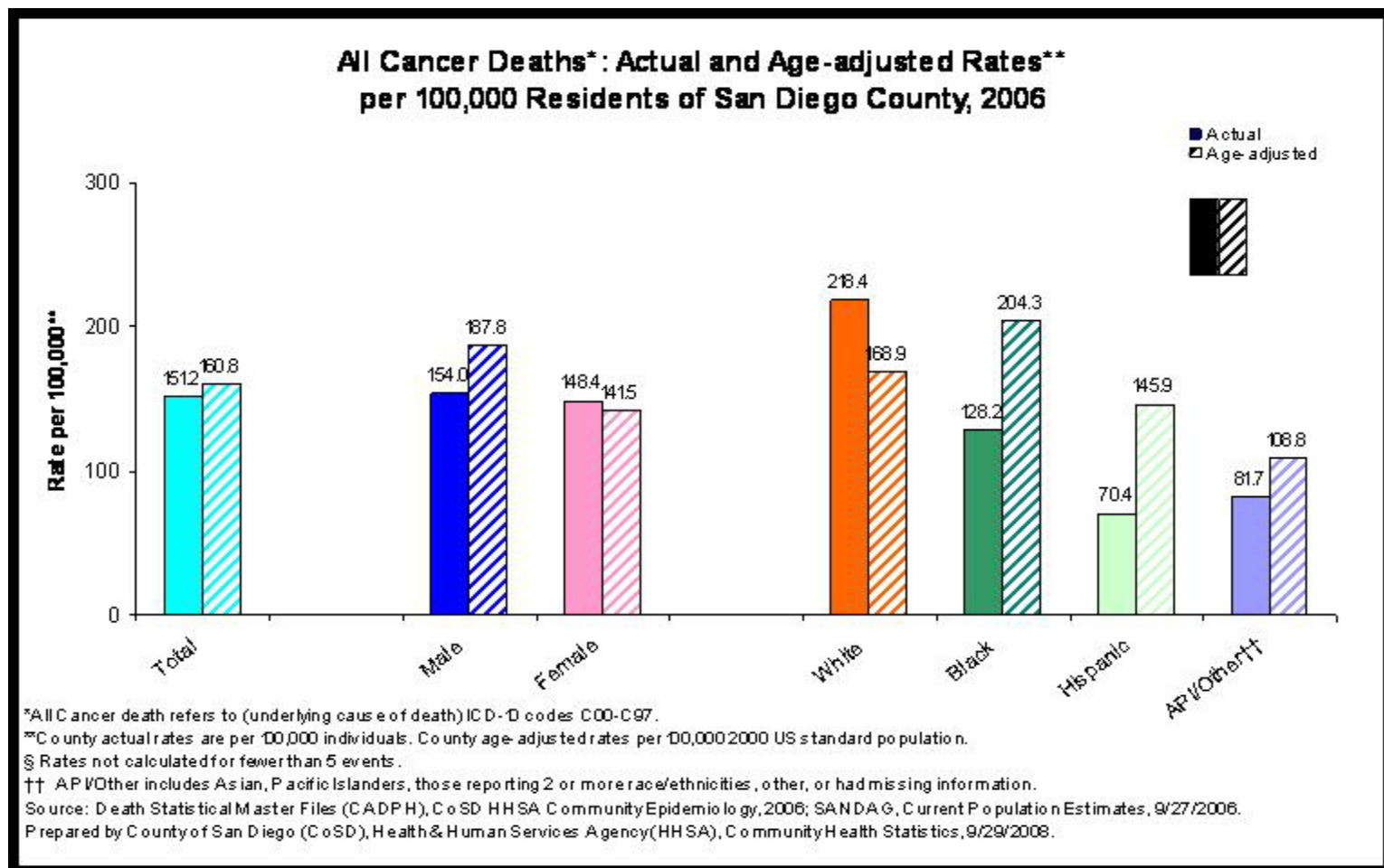
- White women have the highest incidence rate for breast cancer, but Black women are most likely to die from the disease.

Costs

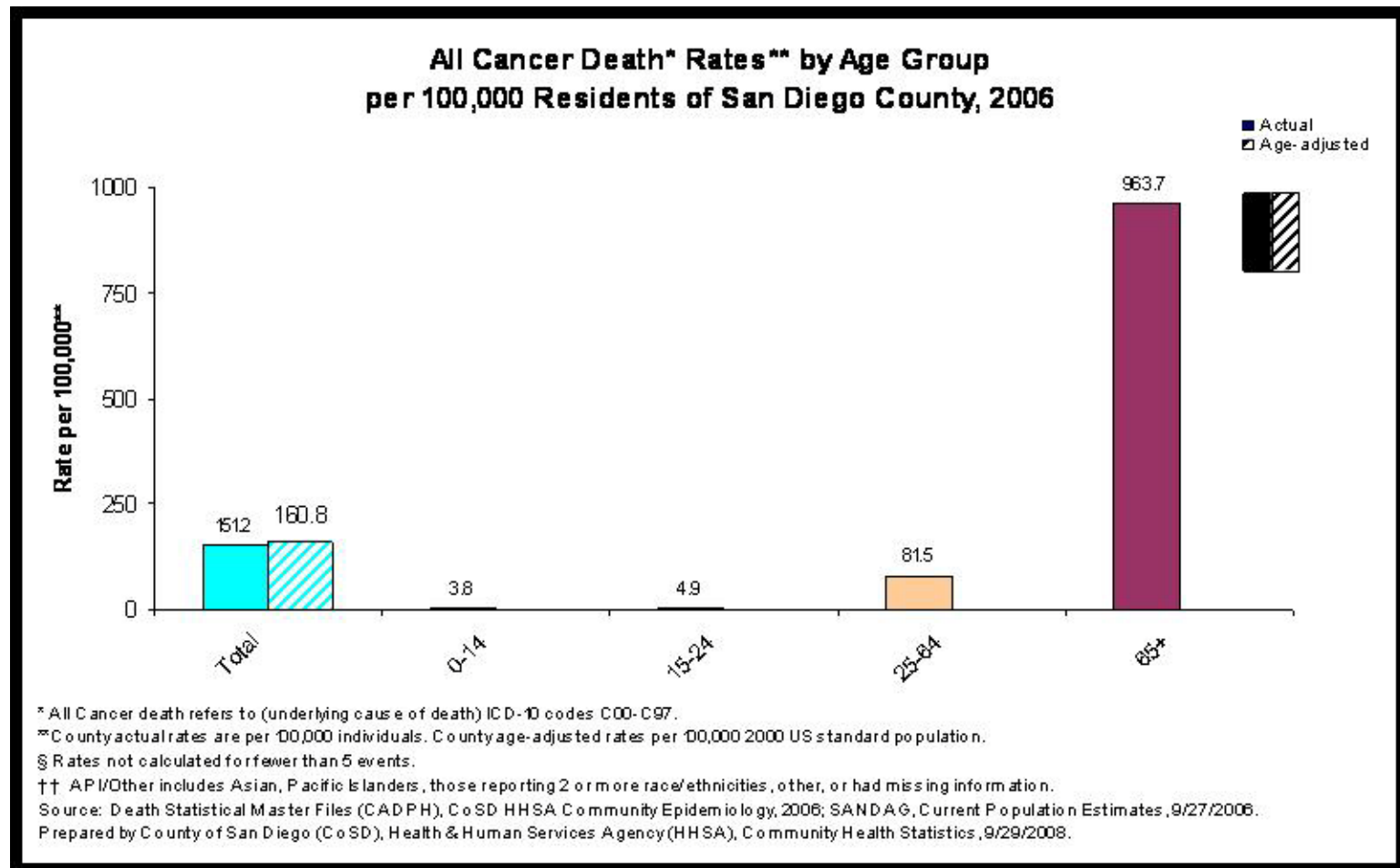
- In 2008, cancer cost the United States an estimated \$228 billion:
 - \$93 billion in direct medical costs
 - \$135 billion in lost productivity



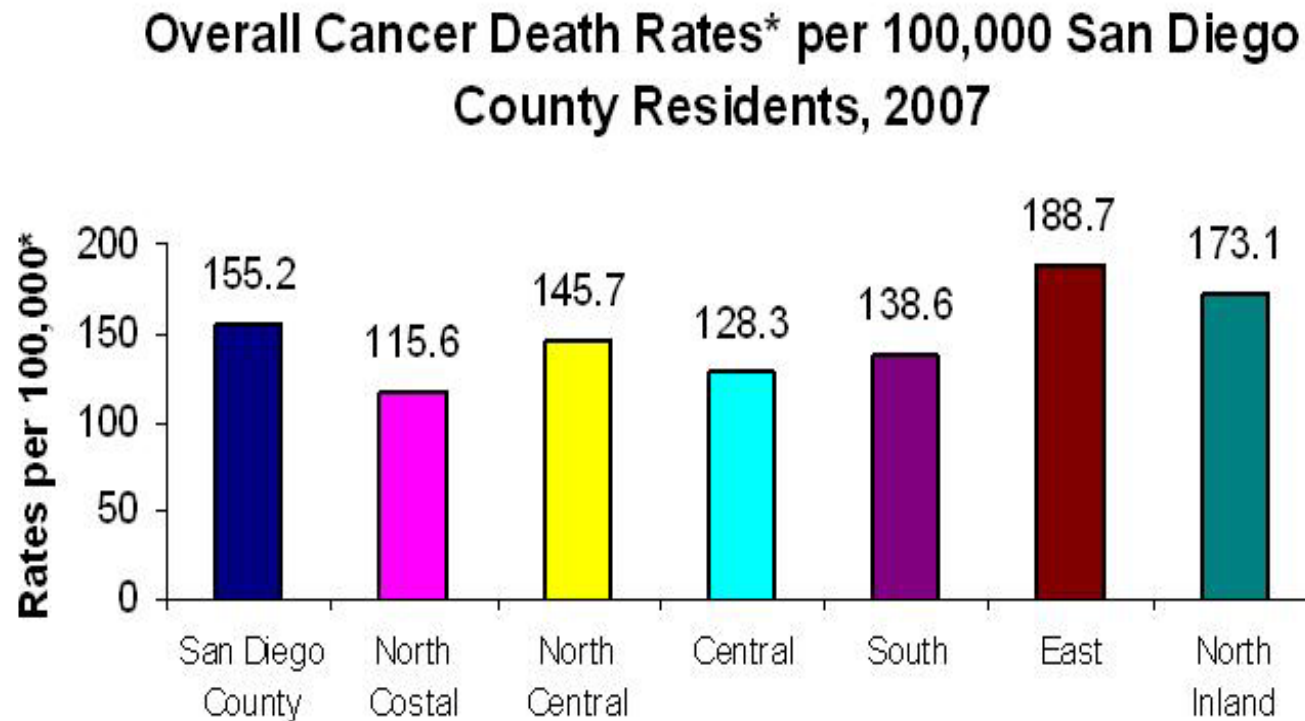
Local Disparities



Local Disparities



Local Disparities



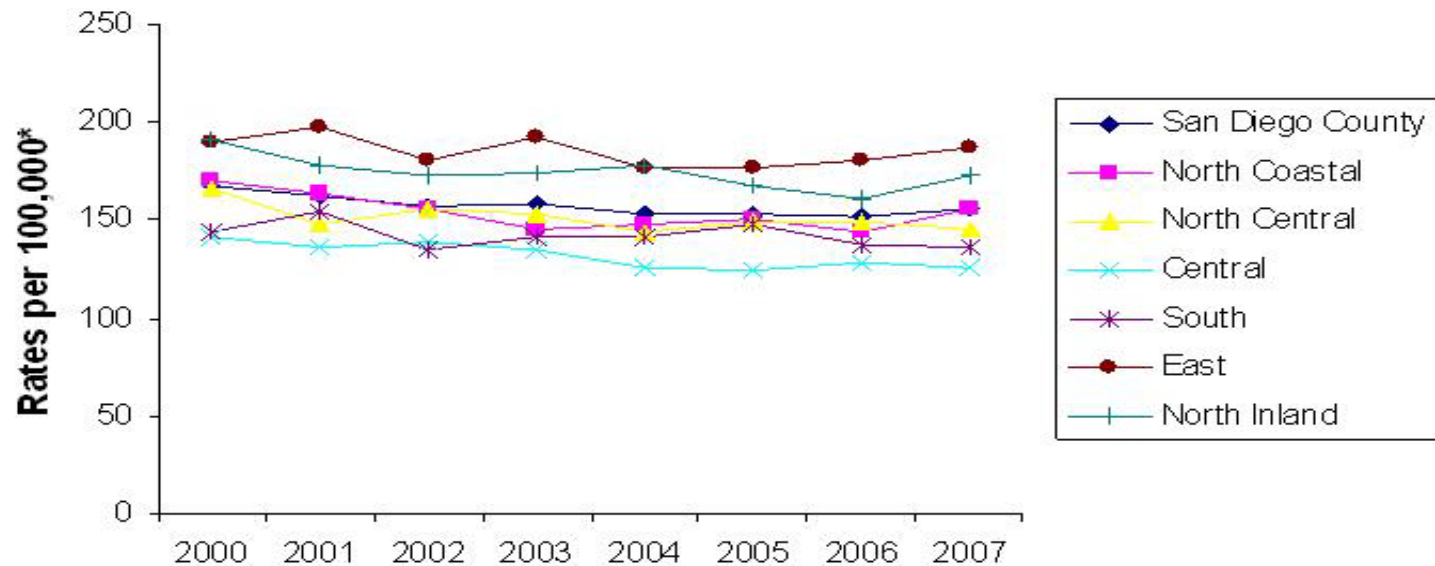
*County actual rates are per 100,000 individuals.

Source: San Diego County Community Profiles, CoSD HHSA Community Epidemiology, 2009.

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 4/21/2010.

Local Disparities

Overall Cancer Death Rates* per 100,000 San Diego County Residents, 2000-2007



*County actual rates are per 100,000 individuals.

Source: San Diego County Community Profiles, CoSD HHSA Community Epidemiology, 2009.

Prepared by County of San Diego (CoSD), Health & Human Services Agency (HHSA), Community Health Statistics, 4/21/2010.

Prevention: Screenings

- **Mammograms**
 - Mammograms every 1-2 years for women aged 40+ can reduce mortality by 20-25%
- **Colorectal cancer screening**
 - Annual screening after age 50 increases the chance that cancers will be discovered while they are more easily treated.
- **Prostate cancer screening**
 - Annual screening for older males increases the chances of finding cancer early, when treatment may be more effective.

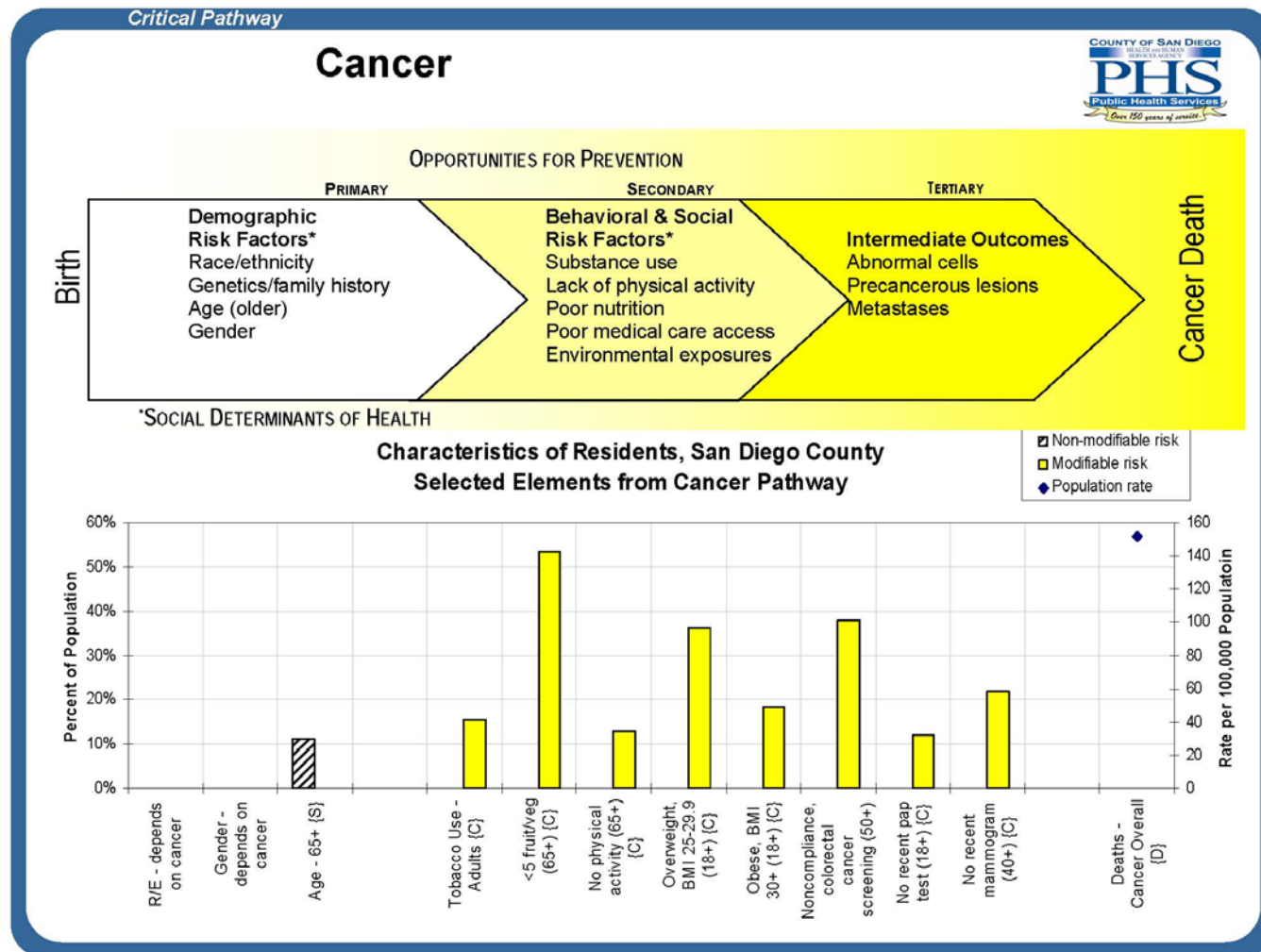


Prevention: Lifestyle Changes

- Avoid tobacco, alcohol, and drugs
- Protect skin from sun
- Avoid exposure to chemicals and radiation
- Cancer vaccines
- Maintain a proper diet and exercise regularly



Critical Pathway for Cancer



04/09

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Contact Us

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